



Tools For Action

A sample of physical education initiatives in Wisconsin

Training for the States

Contact Information

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Program Information

Program Name Training for the States
Program Category All school PE events or activities
Grade Level 3-5; K-2
Assessment Method Participation rates (number of students involved); Impact on behavior (increase in active minutes or miles walked); Fitness indicator (test scores, miles walked); Impact on knowledge and or attitudes (test scores)

Program Information

Products Developed or Materials Used:

Program Description:

Classes that walk 5 miles together (teacher included) earn any particular state they chose. When 5 miles are complete they must fill out a information sheet on the state (which is announced in the morning). The class also gets a train car for their thrain engine to be dispalyed in the hall outside their room. In addition, the class name is posted a large map of the United States outside of my office. The grade level that walks the most miles is going to win a helathy choice party at the end of the year (games, healthy snacks, open gym time).

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)

Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)

Pesikme@dhfs.state.wi.us (Mary Pesik, Program and Grant Coordinator)